

DIGITAL SAFETY KNIGHTS

The Classroom

Lesson Plan Kit

A structured 5-week digital safety syllabus for grades 4–8 — objectives, in-class activities, discussion questions, and take-home resources for every week.

digitalsafetyknights.org · Free, always · For educators and youth group leaders

WEEK 1

Digital Citizenship Foundations

LEARNING OBJECTIVES

- Define digital citizenship and explain why online behavior has real-world consequences.
- Identify the difference between being a bystander and an upstander in online conflicts.
- Understand basic consent around sharing photos or information about classmates.

IN-CLASS ACTIVITY (25 MIN)

Have students individually complete the **Digital Citizenship** quest, then discuss as a class which scenario surprised them most.

digitalsafetyknights.org/quests.html?quest=digital-citizenship — ~3 minutes per student, no account needed.

DISCUSSION QUESTIONS

- What does "Shield up" mean beyond just protecting yourself?
- Why might someone stay quiet when they see a classmate being targeted online?
- What's one thing you could say if you saw a group chat turning unkind?

TAKE HOME

Send home the **Talk to Your Kids Guide** (digitalsafetyknights.org/guides/talk-to-your-kids-guide.pdf) for families to read together.

WEEK 2

Gaming & Platform Safety

LEARNING OBJECTIVES

- Recognize common scam patterns in games (fake free items, urgency, off-platform invites).
- Explain why chat filters don't catch everything, and what to do instead.
- Identify the single highest-value privacy setting to check in any game.

IN-CLASS ACTIVITY (25 MIN)

Students complete the **Roblox Safety Lab** quest, then in pairs try **Spot the Deepfake** together and compare scores.

digitalsafetyknights.org/quests.html?quest=roblox-safety-lab
digitalsafetyknights.org/spot-the-deepfake.html

DISCUSSION QUESTIONS

- Why do scams often combine "free" with "hurry up"?
- What's the difference between a game's built-in chat and an app like Discord it might link to?
- Has anyone ever been offered something "free" online that felt off?

TAKE HOME

Send home the **Roblox Parent Guide** (digitalsafetyknights.org/guides/roblox-parent-guide.pdf).

WEEK 3

Recognizing Red Flags

LEARNING OBJECTIVES

- Identify the core red flags of an unsafe online conversation: personal questions, secrecy, urgency.
- Understand why "don't tell your parents" is itself the warning sign.
- Know the correct response: stop, don't engage further, tell a trusted adult — every time.

Note: frame this week supportively, not frighteningly. The goal is pattern recognition and confidence in reporting, not fear.

IN-CLASS ACTIVITY (25 MIN)

Students complete the **Grooming Watch** quest individually (private, no need to share answers aloud), then try the **Chat Simulator** as a class-guided walkthrough.

digitalsafetyknights.org/quests.html?quest=grooming-watch
digitalsafetyknights.org/chat-simulator.html

DISCUSSION QUESTIONS

- Why do you think "keep it a secret" is such a common request in these situations?
- Is it ever "tattling" to tell an adult something felt wrong online? Why or why not?
- What's one trusted adult you could go to if something felt off?

TAKE HOME

Send home the **Incident Response Guide** (digitalsafetyknights.org/guides/incident-response-guide.pdf) — what to do, in order, if something has already happened.

WEEK 4

AI Literacy & Misinformation

LEARNING OBJECTIVES

- Understand that AI can sound confident while being factually wrong ("hallucination").
- Recognize voice-cloning and deepfake risks and the value of a family verification phrase.
- Distinguish using AI to learn from submitting AI output as one's own work.

IN-CLASS ACTIVITY (25 MIN)

Students complete the **AI Threat Awareness** quest, then look up 3 unfamiliar terms in the **Glossary** as a quick-write exercise.

digitalsafetyknights.org/quests.html?quest=ai-threat-awareness
digitalsafetyknights.org/glossary.html

DISCUSSION QUESTIONS

- Can you think of a time an AI tool gave you information that turned out to be wrong?
- Why might a "friend" AI that always agrees with you actually not be a good friend?
- What's one situation where you'd want to double-check AI output before trusting it?

TAKE HOME

Send home the **Safe AI Usage for Kids Guide** (digitalsafetyknights.org/guides/safe-ai-usage-guide.pdf).

WEEK 5

Family Systems & Class Wrap-Up

LEARNING OBJECTIVES

- Understand password hygiene and why even trusted friends shouldn't have your password.
- Review and reinforce all four prior weeks' core lessons.
- Celebrate completion with a class certificate moment.

IN-CLASS ACTIVITY (30 MIN)

Students complete the **Family Cyber Defense** quest and the **Parental Controls Checkup** quest (the latter is written for parents — consider a take-home version for families to do together). Class-wide, attempt **The Knight's Trial** capstone as a group review using a projector, discussing each answer together.

digitalsafetyknights.org/quests.html?quest=family-cyber-defense
digitalsafetyknights.org/academy.html (Knight Academy — capstone at the bottom)

DISCUSSION QUESTIONS

- Of everything covered these 5 weeks, what's the one rule you're most likely to actually use?
- What would you tell a younger sibling or cousin who's just getting their first device?

WRAP-UP

Have each student generate their completion certificate at digitalsafetyknights.org/certificate.html, and send the **Family Cybersecurity Checklist** (digitalsafetyknights.org/guides/family-cybersecurity-checklist.pdf) home as a final family take-home.